



HELPING PATRONS UNRAVEL THE MYSTERY OF GENETIC INFORMATION

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Genetics Overview

Genomic Health Literacy

Genetic Testing

Consumer Health Resources

Ethics & Privacy

All of Us Research Program





NĬH

- National Institutes of Health
- Nation's research agency

NLM

- National Library of Medicine
- World's largest biomedical library

NNLM

- National Network of Libraries of Medicine
- Program of the NLM comprised of 8 Regional Libraries (RMLs) and 6 offices

PNR

- Pacific Northwest Region (NNLM PNR)
- Is one of the 8 RMLs
- Serves Alaska, Idaho, Montana, Oregon, Washington

NNLM







The mission of NNLM is to advance the progress of medicine and improve the public health by:

- Providing all U.S. health professionals with equal access to biomedical information
- Improving the public's access to information to enable them to make informed decisions about their health

NNLM

https://nnlm.gov/

Genetics in the News



Human Gene Editing Receives Science Panel's Support

Scientists Say They Hope To Create A Human Genome In The Lab

Scientists Use Genetic Engineering To Vanquish Disease-Carrying Insects Baltimore Ravens to hand out free DNA test kits **Clinical Genetics Has a Big Problem That's Affecting**

Mail-Order CRISPR Kits Allow **Absolutely Anyone to Hack DNA**

People's Lives

Genetic **Testing for Athletic Ability**

Can genes predict sporting talent?

Opioids: Can a Genetic Test Identify an Addict in the

Making?

Signing up for 23andMe? You might be exposing your family to the FBI

Genetically Modified Humans? How Genome Editing Works

Birth of Baby With Three Parents' DNA Marks Success for Banned Technique



Genomic Health Literacy

Lack biology basics
Lack mathematical concepts
Low health literacy





Leading causes of death

- 1. Heart disease: 633,842
- 2. Cancer: 595,930
- 3. Chronic lower respiratory diseases: 155,041
- 4. Accidents (unintentional injuries): 146,571
- 5. Stroke (cerebrovascular diseases): 140,323
- 6. Alzheimer's disease: 110,561
- 7. Diabetes: 79,535
- 8. Influenza and pneumonia: 57,062
- 9. Nephritis, nephrotic syndrome, and nephrosis: 49,959
- 10.Intentional self-harm (suicide): 44,193

CDC FastStats



The Story of You



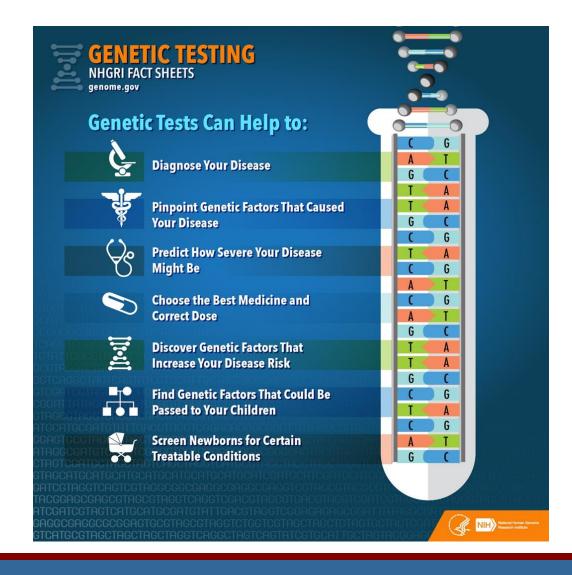


Genetic Testing

INCLUDING DIRECT-TO-CONSUMER



Clinical Uses of Genetic Tests







Types of Genetic Tests

Diagnostic

Predictive

Carrier

Prenatal

Newborn Screening

Research

Pharmacogenetic



Jean's Genetic Testing Timeline

Age 1 day: **newborn** testing for a few serious childhood diseases

Age 30: carrier testing (with her partner) before getting pregnant

Age 35: **predictive testing** when sister develops breast cancer at a young age

Age 45 direct to consumer genetic testing to investigate ancestry

Age 65 pharmacogenomics testing when Plavix wasn't effective



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VI.S. National Library of Medicine National Network of Libraries of Medicine

Genetic Testing Results

What genes and what variants did you test for?

- Different tests offered for the same conditions.
- Knowledge always changing.

Might not have enough examples in the database to determine associations between specific variants and specific conditions.

Might not have enough examples of people like you in the database.

Possibility of false positive and false negative results.



Genetic Testing- is it necessary?

Before testing:

- You think about your reasons for wanting the test
- You get the right test
- You and your family are prepared for the results
- You have a personalized plan for dealing with the results



Genetic Counselors

- Evaluate family history and medical records
- Assist in making decisions regarding genetic testing
- Identify and interpret risks of inherited disorders, increase the family's understanding of a genetic condition
- Discuss options regarding disease management and the risks and benefits of further testing and other options
- Help the individual and family identify the psychosocial tools required to cope with potential outcomes
- •Reduce the family's anxiety



Direct to Consumer Testing





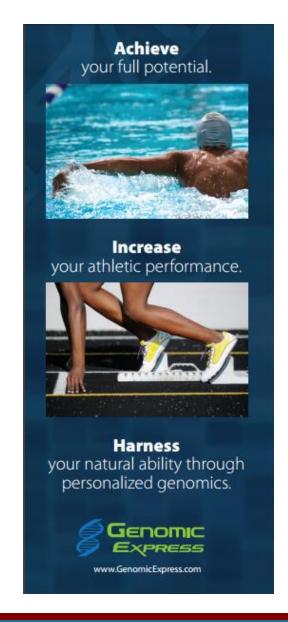


Testing for talent











DNA dating











American College of Medical Genetics and Genomics

ACMG STATEMENT

Genetics inMedicine

American College of Medical Genetics and Genomics

Direct-to-consumer genetic testing: a revised position statement of the American College of Medical Genetics and Genomics

ACMG Board of Directors1

Disclaimer: These recommendations are designed primarily as an educational resource for medical geneticists and other health-care providers to help them provide quality medical genetics services. Adherence to these recommendations does not necessarily assure a successful medical outcome. These recommendations should not be considered inclusive of all proper procedures and tests or exclusive of other procedures and tests that are reasonably directed to obtaining the same results. In determining the propriety of any specific procedure or test, geneticists and other

clinicians should apply their own professional judgment to the specific clinical circumstances presented by the individual patient or specimen. It may be prudent, however, to document in the patient's record the rationale for any significant deviation from the recommendations.

Genet Med advance online publication 17 December 2015

Key Words: consumer; direct-to-consumer; genetic testing; self-testing;

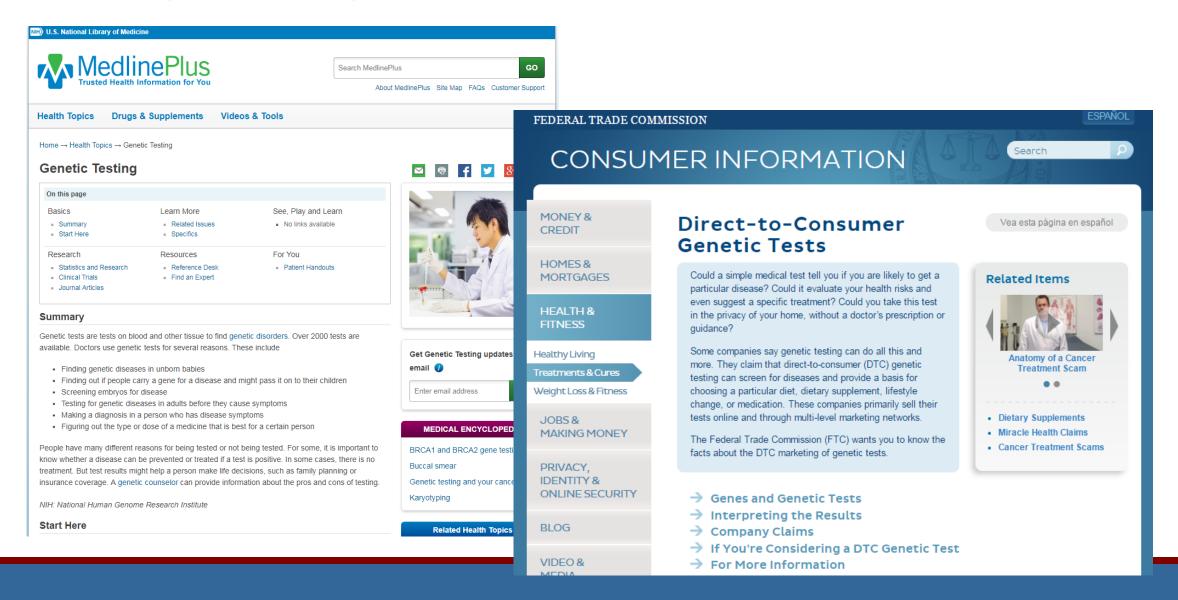
With ongoing genetic discoveries and improvements in technology, more genetic tests are available than ever before. Along with greater availability has come increased consumer demand for genetic tests and expansion of direct-to-consumer testing. The American College of Medical Genetics and Genomics (ACMG) has revised its 2008 e-publication regarding this issue (ACMG Statement on Direct-to-Consumer Genetic Testing, retired; available by request to acmg@acmg.net) and believes that it is critical for the public to realize that genetic testing is control of a complex process that includes genetic risk

A genetics expert such as a certified medical geneticist
or genetic counselor should be available to help the consumer determine, for example, whether a genetic test
should be performed and how to interpret test results
in light of personal and family history. A board-certified
genetic counselor can help facilitate this process by providing information about the test and helping to explain
test results. A number of risks can be reduced if a boardcertified genetics professional is involved in genetic testing including inadequate or lack of informed consent.





MedlinePlus





Genetics Home Reference



Resources



Health Conditions

Your Guide to Understanding Genetic Conditions Search

Help Me Understand Genetics

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is important to assess the quality of available services before pursuing any testing.

Other names for direct-to-consumer genetic testing include DTC genetic testing, direct-access genetic testing, at-home genetic testing, and home DNA testing. <u>Ancestry testing</u> (also called genealogy testing) is also considered a form of direct-to-consumer genetic testing.

Consumer Genetic Tests

Genes in Life: <u>Direct-to-Consumer</u> Genetic Testing **♂**

Johns Hopkins Medicine: <u>Five Things to</u> Know about Direct-to-Consumer Genetic Tests &

Genes

Most of the time, genetic testing is done through healthcare providers such as physicians, nurse practitioners, and genetic counselors. Healthcare providers determine which test is needed, order the test from a laboratory, collect and send the DNA sample, interpret the test results, and share the results with the patient. Often, a health insurance company covers part or all of the cost of testing.

What is direct-to-consumer genetic testing?

Chromosomes & mtDNA

Direct-to-consumer genetic testing is different: these genetic tests are marketed directly to customers via television, print advertisements, or the Internet, and the tests can be bought online or in stores. Customers send the company a DNA sample and receive their results directly from a secure website or in a written report. Direct-to-consumer genetic testing provides people access to their genetic information without necessarily involving a healthcare provider or health insurance company in the process.

Dozens of companies currently offer direct-to-consumer genetic tests for a variety of purposes. The most popular tests use genetic variations to make predictions about health, provide information about common traits, and offer clues about a person's ancestry. The number of companies providing direct-to-consumer genetic testing is growing, along with the range of health conditions and traits covered by these tests. Because there is currently little regulation of direct-to-consumer genetic testing services, it is important to assess the quality of available services before pursuing any testing.

Other names for direct-to-consumer genetic testing include DTC genetic testing, direct-access genetic testing, at-home genetic testing, and home DNA testing. <u>Ancestry testing</u> (also called genealogy testing) is also considered a form of direct-to-consumer genetic testing.

For more information about to-consumer genetic testing

Centers for Disease Control and Prevention (CDC) Genomics and Impact Blog: <u>Direct to Consume</u> <u>Testing: Think Before You Spit, 2</u> Edition!

National Society of Genetic Cou What is At-Home Genetic Testin

The Federal Trade Commission: Consumer Genetic Tests

Genes in Life: <u>Direct-to-Consum</u> Genetic Testing **♂**

Johns Hopkins Medicine: <u>Five T</u> Know about Direct-to-Consume <u>Tests</u> ♂

Topics in the Direct-to-Consumer Genetic Testing chapter

What is direct-to-consumer genetic testing?

What kinds of direct-to-consumer genetic tests are available?

What is genetic ancestry testing?

What are the benefits and risks of direct-to-consumer genetic testing?

How do I choose a direct-to-consumer genetic testing company?

How is direct-to-consumer genetic testing done?

How much does direct-to-consumer genetic testing cost, and is it covered by health insurance?

What do the results of direct-to-consumer genetic testing mean?

What can raw data from a direct-to-consumer genetic test tell me?

Can a direct-to-consumer genetic test tell me whether I will develop cancer?

Can a direct-to-consumer genetic test tell me whether I will develop Alzheimer disease?

What does it mean to have Neanderthal or Denisovan DNA?

How do direct-to-consumer genetic testing companies protect their customers' privacy?

Can the results of direct-to-consumer genetic testing affect my ability to get insurance?

Printable Chapter PDF (1MB)



Concerns

- Privacy and legality
- •Who has access?
- •What all is being done now and in the future with the information?
- •Unexpected surprises?
- Test results can vary among companies
- Validity of tests
- No counseling provided

Benefits



- Learn more about own health
- Learn more about ethnicity and family history
- Bring awareness to family health issues for future generations
- Motivation to work on health habits
- Encourages patient engagement
- Contributing to advancement of healthcare and science
- Moral obligation



Questions to ask before using a Direct to Consumer Genetic Test

- •Is the test right for me?
- •What are the company claims?
- •What do I hope to find out?
- •Am I ready to hear something unexpected?
- •Who will the results affect besides me?
- •What happens to my genetic information?





Think After You Spit

- Have a healthy dose of skepticism
- Discuss and share the results of tests with health care providers
- Seek, collect and validate as much as possible family health history
- •There are general disease prevention and health promotion messages that are important (stop smoking, exercise, etc.)
- Learn about health and disease and become involved in both family and patient-provider interactions

Think After You Spit- CDC

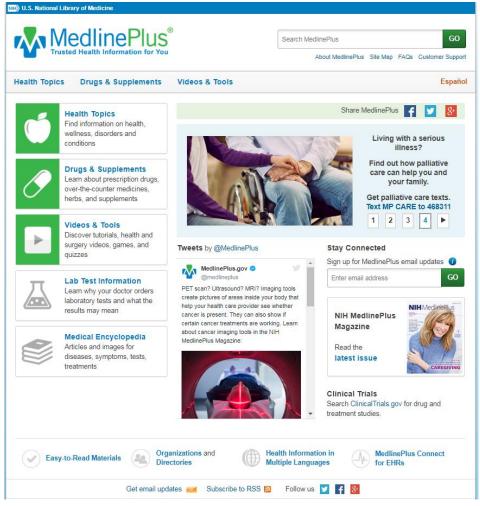


Consumer Resources

PATIENT AND K-12 EDUCATION



MedlinePlus



- Section: Genetics/Birth Defects
- •Health Topic pages:
- Genetics
- Genetic testing
- Genetic counseling
- Genetic disorders
- Genetic brain disorders
- Genes and gene therapy
- text word search

MedlinePlus

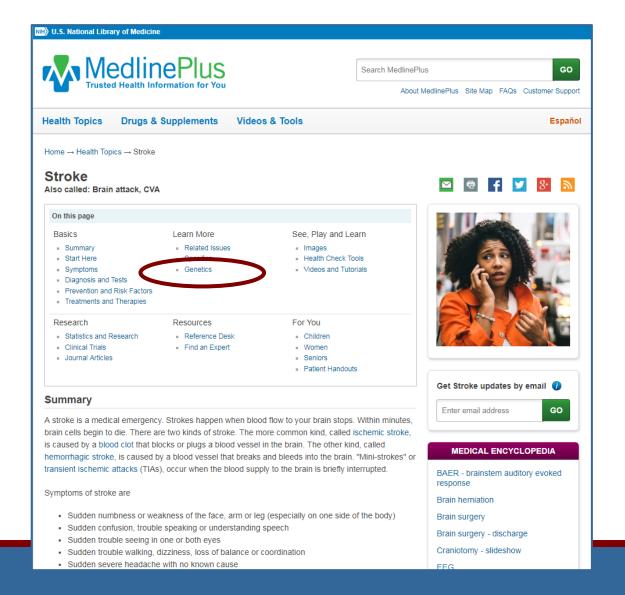


MedlinePlus – Genetics topics

Health Topics Drugs & Supplements Videos & Tools Home → Health Topics → Genetics/Birth Defects **Genetics/Birth Defects** Abnormalities see Birth Defects Achondroplasia see Dwarfism Adrenoleukodystrophy see Leukodystrophies Alpha-1 Antitrypsin Deficiency Amniocentesis see Prenatal Testing Anencephaly see Neural Tube Defects Arnold-Chiari Malformation see Chiari Malformation Ataxia see Friedreich's Ataxia Ataxia Telangiectasia Birth Defects Blood Coagulation Disorders see Hemophilia Brain Disorders, Inborn Genetic see Genetic Brain Disorders Brain Malformations Canavan Disease see Leukodystrophies Cephalic Disorders see Brain Malformations Cerebral Palsy Charcot-Marie-Tooth Disease Chiari Malformation Chorionic Villi Sampling see Prenatal Testing Cleft Lip and Palate Cleft Palate see Cleft Lip and Palate Cleft Spine see Spina Bifida Cloning Color Blindness Congenital Heart Defects



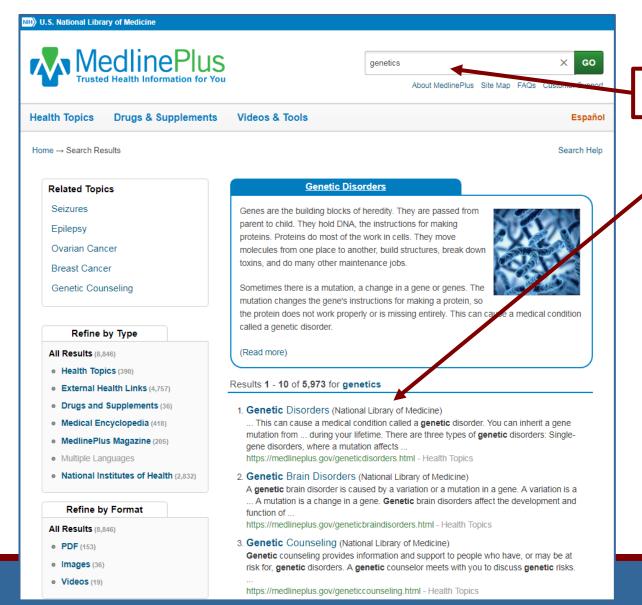
MedlinePlus – stroke topic page



Specifics Hemorrhagic Stroke: MedlinePlus Health Topic NH (National Library of Medicine) Also in Spanish • Ischemic Stroke: MedlinePlus Health Topic NH (National Library of Medicine) Spinal Cord Infarction NIH) (National Institute of Neurological Disorders and Stroke) Wallenberg's Syndrome NH) (National Institute of Neurological Disorders and Stroke) Genetics Genetics Home Reference: cerebral autosomal dominant arteriopathy with subcortical infarcts and leukoencephalopathy NH (National Library of Medicine) Genetics Home Reference: Grange syndrome NH) (National Library of Medicine) · Genetics Home Reference: mitochondrial encephalomyopathy, lactic acidosis, and stroke-like episodes NIH (National Library of Medicine) • Genetics Home Reference: moyamoya disease NIH (National Library of Medicine) · Craniotomy - slideshow (Medical Encyclopedia) Also in Spanish Health Check Tools Test Your Stroke Knowledge NH) (National Institute of Neurological Disorders and Stroke) · What's Your Stroke I.Q.? (American Heart Association) **Videos and Tutorials** . Know Stroke: Know the Signs, Act in Time Video NH) = (National Institute of Neurological Disorders and Stroke) Statistics and Research FastStats; Cerebrovascular Disease or Stroke (National Center for Health Statistics) Heart Disease and Stroke Statistics (American Heart Association) · Preventing Stroke Deaths (Centers for Disease Control and Prevention) **Clinical Trials** ClinicalTrials.gov: Carotid Stenosis NH) (National Institutes of Health) ClinicalTrials.gov: Cerebrovascular Disorders NH) (National Institutes of Health)



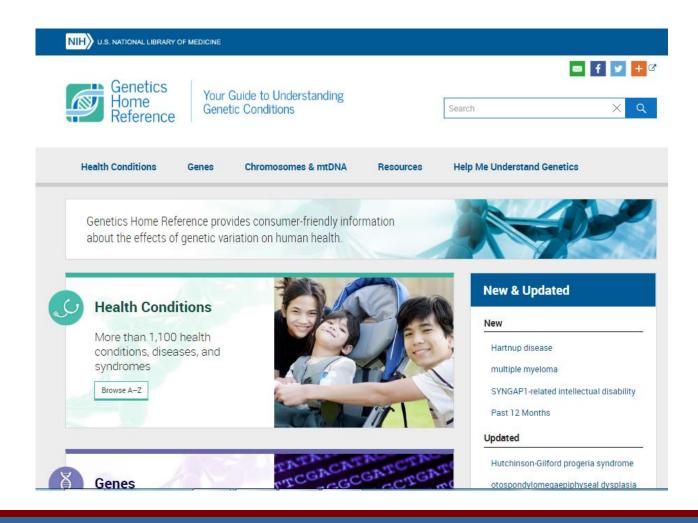
MedlinePlus - text search



Text word search 'genetics'



Genetics Home Reference

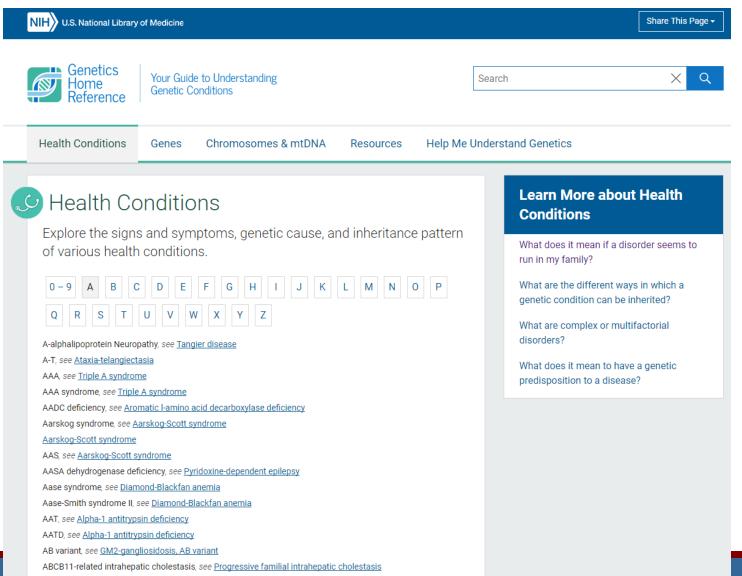


- Health conditions
- Genes
- Chromosomes and DNA
- Resources
- Genetic handbook (Help Me Understand Genetics)

Genetics Home Reference

Genetics Home Reference- health

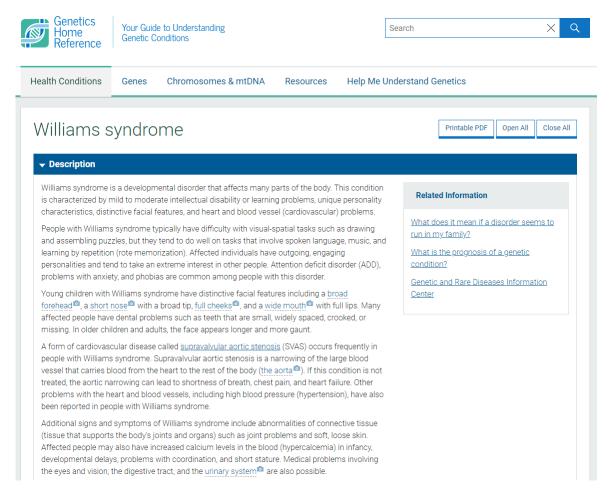
conditions

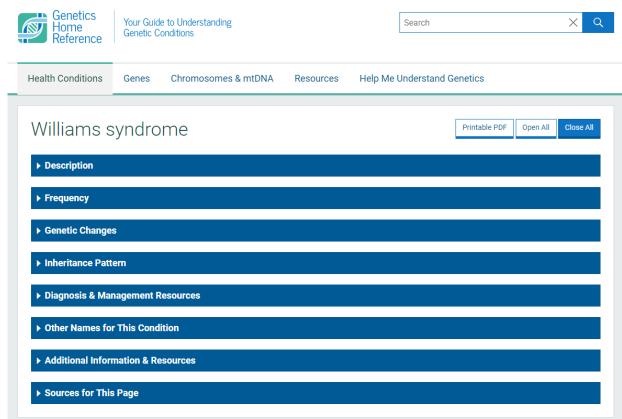


U.S. National Library of Medicine



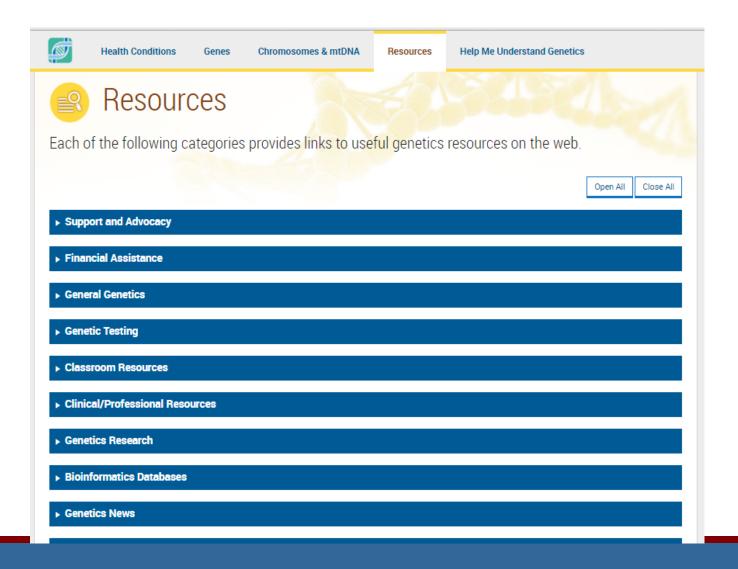
Genetics Home Reference





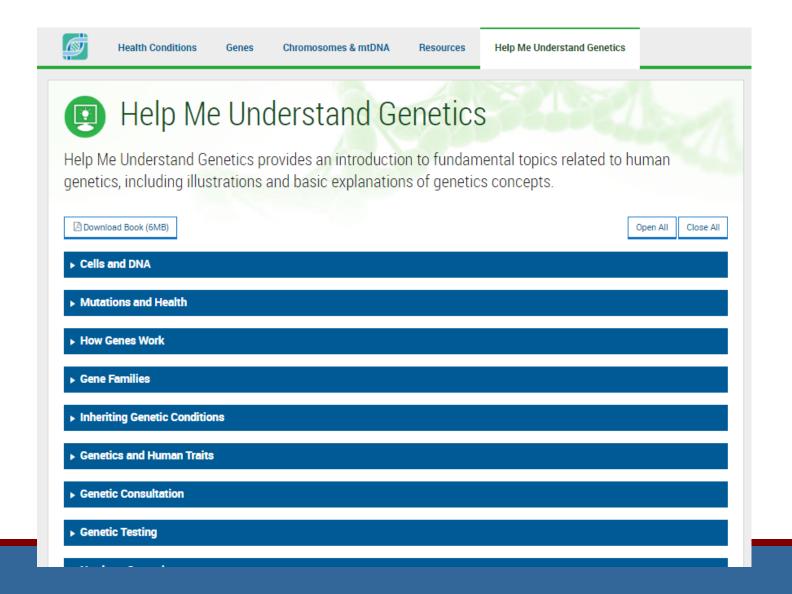


Genetics Home Reference- resources



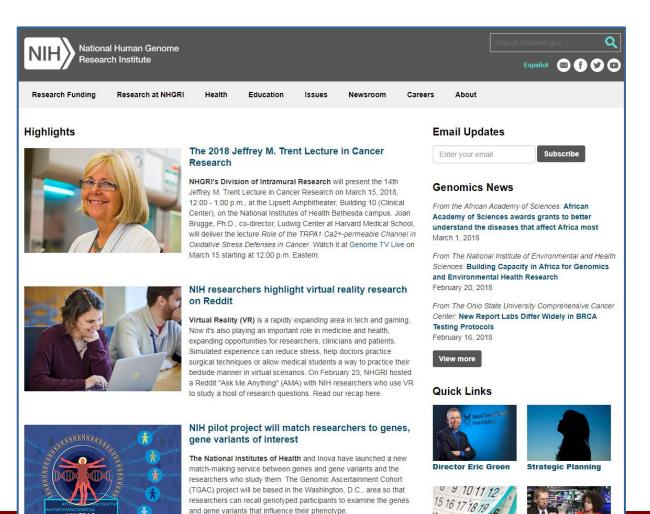


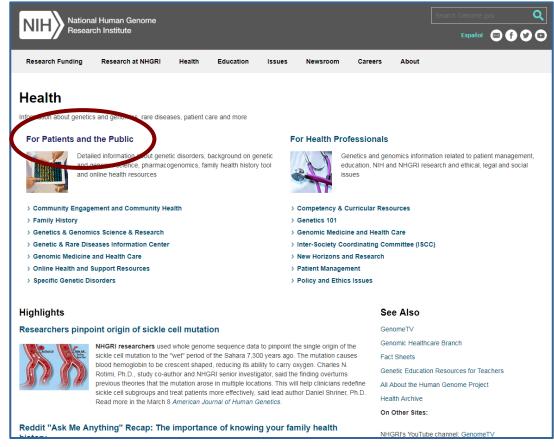
Genetics Home Reference- handbook





NIH National Human Genome Research Institute- health information

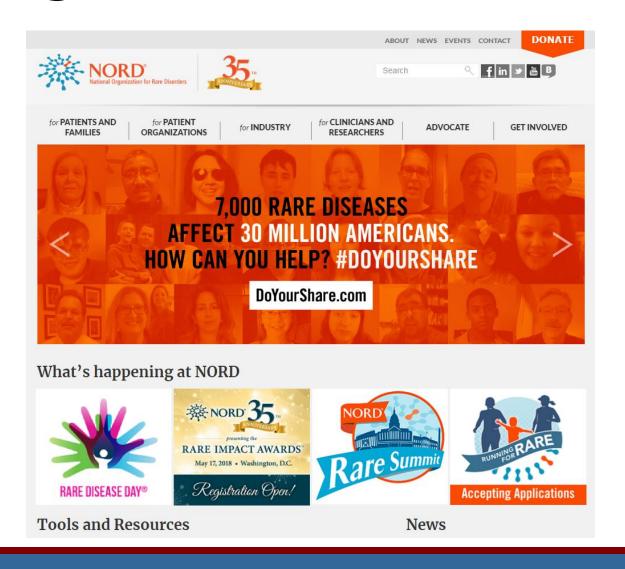






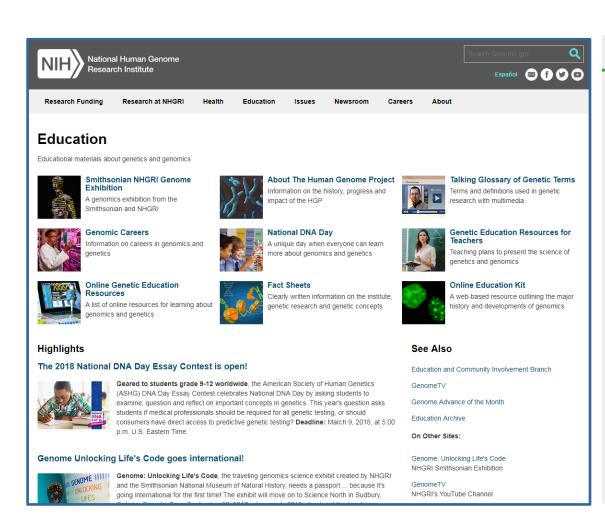


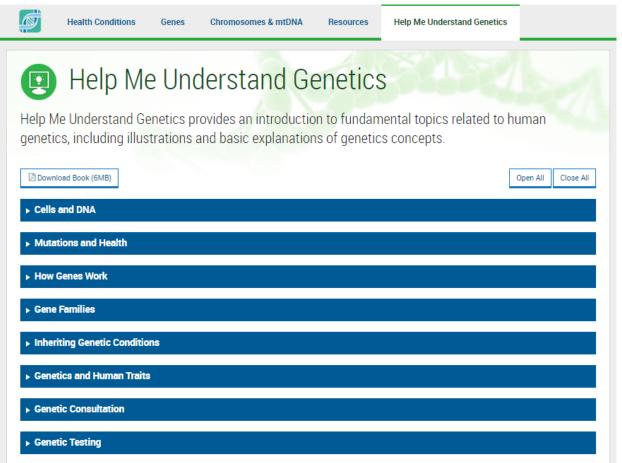
National Organization for Rare Disorders





Education Resources







National DNA Day- April 25

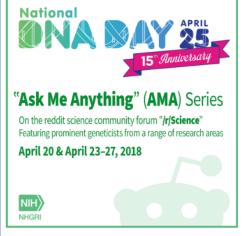


Celebrate with NHGRI

- Bench to Bedside to Business
- Smithsonian Hot Topic Lita Proctor, Ph.D.

The National DNA Day Reddit "Ask Me Anything" Series

April 20 and April 23-27, 2018



The National Human Genome Research Institute (NHGRI) will launch the National DNA Day Reddit "Ask Me Anything" (AMA) Series on Friday, April 20, continuing each week day until Friday, April 27, 2018, from 1:00 - 3:00 p.m. Eastern, Genomics experts will answer questions at the Reddit Science community forum. "/r/Science". A Reddit AMA is an opportunity to ask interesting

individuals questions about anything and everything.

Series Events

Friday, April 20, 2018

National Institutes of Health Director Francis Collins. M.D..

"The future of precision medicine"

The former director of the NHGRI. Dr. Collins earned a reputation as a gene hunter at the University of Michigan and subsequently lead the successful completion of the Human Genome Project 15 years ago. Now, in his current role as the director of the National Institutes of Health (NIH), Dr. Collins manages the NIH's efforts in building innovative enterprises, such as the All of Us Research Program. This AMA will focus on Dr. Collins' experiences during the Human Genome Project and how he envisions the future of precision



Monday, April 23, 2018 Representatives from Personal Genetics Companies

Fifteen years after the completion of the Human Genome Project, we're now at a time when taking a detailed look at our genome can be sequenced as easily as ordering a kit online, spitting into a tube or swabbing the inside of the cheek and sending it off through the mail to a lab. Personal genetics companies are using these at-home, genetic-testing kits to help people access and understand their genome. The market for at-home genetic testing is ever-growing and can offer different aspects about what makes you, you! This AMA will answer your questions on what you can learn from your genome at



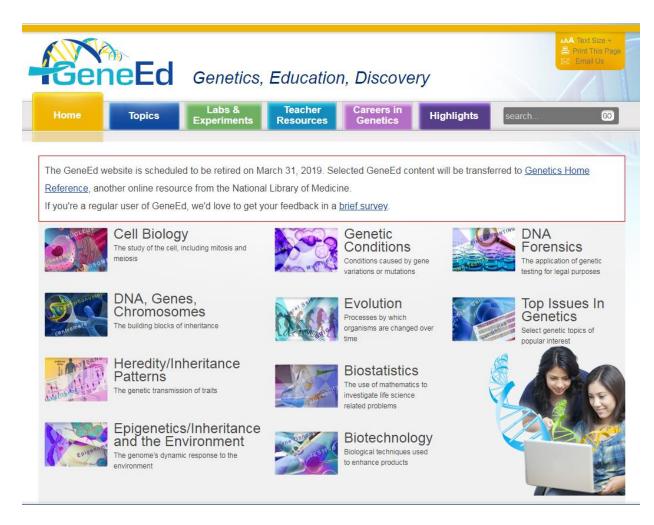
"Personal genetics and you"

The Smithsonian Conservation Biology Institute's Center for Conservation Genomics

Jesus Maldonado, Ph.D. and Nancy Rotzel McInerney, B.S.

K-12 Resources





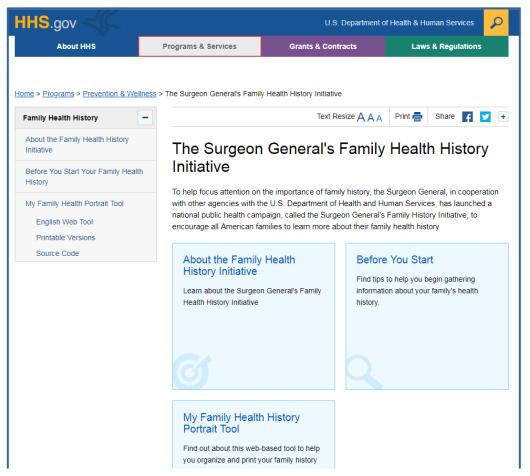


Harry Potter's World





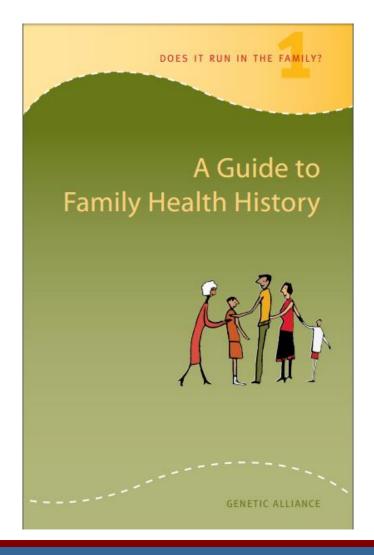
My Family Health Portrait U.S. Surgeon General



Surgeon General's Family Health History Initiative



Does It Run In the Family? Toolkit

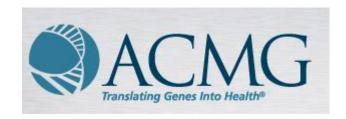


Does it Run In the Family? toolkit



Literacy/Education Resources







discover, educate, advocate,











Ethics and Privacy

Societal Concerns



- •Who should have access to personal genetic information, and how will it be used?
- •Who owns and controls genetic information?
- •How does personal genetic information affect an individual and society's perceptions of that individual?
- •How will genetic tests be evaluated and regulated for accuracy, reliability and utility?
- •Where is the line between medical treatment and enhancement?
- Should testing be performed when no treatment is available?



GINA

GENETIC INFORMATION NONDISCRIMINATION ACT About | Contact

Genetic Information

What is genetic information and why is it important?

GINA & Health Insurance

What are GINA's health insurance protections?

GINA & Employment

What are GINA's employment protections?

What is GINA?

The Genetic Information Nondiscrimination Act of 2008 (GINA) is a federal law that protects individuals from genetic discrimination in health insurance and employment. Genetic discrimination is the misuse of genetic information. This resource provides an introduction to GINA and its protections in health insurance and employment. It includes answers to common questions and examples to help you learn. Choose from one of the boxes to the left to begin!

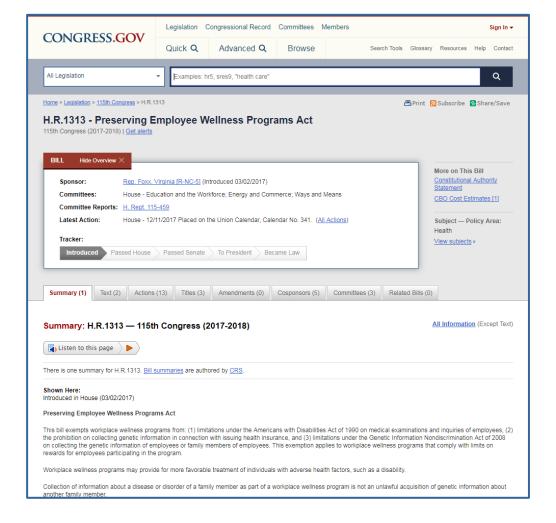
- Have questions, comments or suggestions? Send us a note.
- Click here for a printer friendly version.
- For healthcare provider resources click here.
- Click here for the GINA & You Information Sheet

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GINA Help

H. R. 1313







The NEW ENGLAND JOURNAL of MEDICINE



Undermining Genetic Privacy? Employee Wellness Programs and the Law

Kathy L. Hudson, Ph.D., and Karen Pollitz, M.P.P.

enetic information is becoming ubiquitous in research and medicine. The cost of genetic analysis continues to fall, and its medical and personal value continues to grow.

The Genetic Information Nondiscrimination Act of 2008 (GINA) prohibits both employment and health insurance discrimination based on genetic information, and

PMID: 28537794



Usage by law enforcement

AMERICA

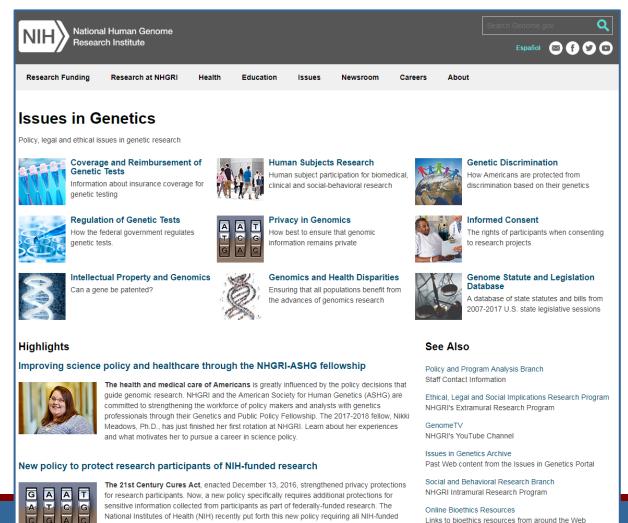
In Hunt For Golden State Killer, Investigators Uploaded His DNA To Genealogy Site

by LAUREL WAMSLEY

April 27, 2018 • After failing to find a match within criminal databases, law enforcement uploaded the killer's DNA profile to a no-frills website used to trace ancestry. The tactic has spurred privacy concerns.



NIH National Human Genome Research Institute





Informing the Public









All of Us

1 MILLION + VOLUNTEERS



Precision Medicine



THE PRECISION MEDICINE INITIATIVE



Precision medicine is an emerging approach for disease treatment and prevention that takes into account individual variability in genes, environment, and lifestyle for each person.

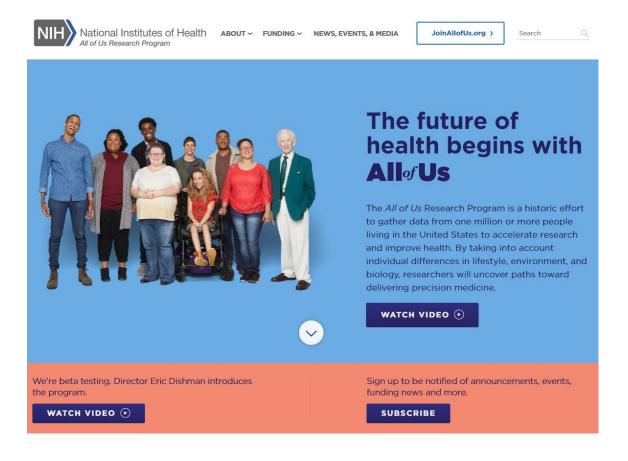
Instead of what treatment is right for this disease it is what treatment is right for the patient.

Precision Medicine Initiative announcement



All of Us Research Program

The mission of the *All of Us* Research Program is to accelerate health research and medical breakthroughs, enabling individualized prevention, treatment, and care for all of us.



All of Us Research Program



All of Us Research Program- video





All of Us – more information



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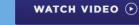
JoinAllofUs.org >

Search



The future of health begins with AllofUs

The All of Us Research Program is a historic effort to gather data from one million or more people living in the United States to accelerate research and improve health. By taking into account individual differences in lifestyle, environment, and biology, researchers will uncover paths toward delivering precision medicine.



We're beta testing. Director Eric Dishman introduces the program.

WATCH VIDEO 🕞

Sign up to be notified of announcements, events, funding news and more.

SUBSCRIBE

All of Us Research Program



Library role

"Preparing the public to make educated personal and family health decisions in a time of rapidly evolving genetic and genomic knowledge will require new partnerships between the education system, health care systems, the government, community advocacy organizations, consumers and the media."

Show What You Know!



- 1. The CDC's top 10 causes of death all have a genetic component. **True or False?**
- 2. The American College of Medical Genetics and Genomics (ACMG) recommends everyone should use a direct to consumer genetic test.
 True or False?
- 3. What is the name of the research program that is looking to collect data on 1 million volunteers in order to provide more precise health care through prevention and treatment?
- 4. GINA (Genetic Information Nondiscrimination Act) protects you from life insurance discrimination.

True or False?

5. What resource would you recommend to patrons who wanted to learn more about genetic testing?



Thank You!

Carolyn Martin, MLS, AHIP NNLM PNR martinc4@uw.edu

